



MEJDI TOURS

MEJDI Tours Scheduled Departure

- Tour:** Pura Vida: The Best of Costa Rica
- Included:** 6 nights' accommodation at the following hotels or similar (double occupancy): Adventure Inn Hotel (San José), Canto de Ballenas Hotel (Bahía Ballena), Macaw Lodge (Carara), Arenal Observatory Lodge & Spa (La Fortuna)
Local guide for 7 days
Private coach transportation
Group departure airport transfer
Meals listed in the itinerary: 6 breakfasts, 5 lunches, 3 dinners
Entrances, sites, and honorariums for speakers¹
US-based customer service representatives
- Not included:** Airfare
Arrival airport transfers
Transfers outside of the group departure transfer
Travel insurance-**HIGHLY RECOMMENDED**
Single Supplement - \$900
Optional Hot Springs Visit in Arenal
Meals not mentioned in the itinerary
Gratuities
Anything not explicitly mentioned in the included section
- Pricing:** 10+ Paying Participants - \$2,125
8-9 Paying Participants - \$2,225
6-7 Paying Participants - \$2,275
4-5 Paying Participants - \$2,425

Overview:

Costa Rica is the land of "Pura Vida," meaning "The Pure Life." A small country teeming with wildlife, Costa Rica contains about 5% of the world's species, making it one of the most biodiverse countries in the world. And with an abundance of national parks, beaches, and volcanoes, it is also one of the most picturesque places to explore. Embrace the tastes and rhythms of this eclectic country with a cooking class in a local home and a private dance class. Look for over 900 species of birds in the Cloud Forest. Relax and rejuvenate in the beauty of the central Pacific beaches at Bahia Ballena and

¹ Subject to confirmation based on availability

Manuel Antonio National Parks. Learn about and sample coconut and sugarcane production on a visit to an organic farm. Wander through the rainforest and spot sloths, monkeys, and colorful scarlet macaws, with a wildlife expert. Swim in stream-fed waterfalls and learn about sustainable food sources in Arenal National Park. Immerse yourself in the Pura Vida on this incredible adventure to Costa Rica.

Experience Level:

This tour is rated **intermediate**. Guests should be in good physical health in order to be able to make the most of their trip to Costa Rica. Travel in Costa Rica involves a lot of walking on dirt, gravel, or rocky paths, and across uneven terrain at altitude.

Itinerary:

Day 1: Arrival - San José, Costa Rica

Arrive at Juan Santamaria International Airport and take a private transfer to the hotel. Midday, explore the capital and largest city of Costa Rica on an **historic walking tour of San Jose**. This evening, join the group for a **welcome dinner** at your hotel.

Overnight: Adventure Inn, San Jose (D)

Day 2: Cloud Forest, Cerro de La Muerte, & Bahía Ballena

Depart early this morning to **Casa Tangara Dowii** (~1.25 hour drive), a beautiful natural reserve located in the middle of the Cloud Forest, ~6,900 feet above sea level. Search for some of Costa Rica's 900+ species of birds on a **privately-guided bird watching experience with local ornithologist and CEO of Costa Rica Birding, Serge Arias**. After lunch, cross Cerro de la Muerte, a mountain peak located within the Tapantí, Cerro de la Muerte Massif National Park, and the highest point on the Pan-American Highway. En route to Bahía Ballena (~2.75 hour drive), stop for photo ops at breathtaking panoramic views. Check into your hotel and get settled in. This evening, **move your body to the sounds and rhythms of tropical folklore music with a lesson from a local dance teacher**, followed by dinner at your leisure.

Hotel: Canto de Ballenas Hotel, Bahía Ballena (B, L)

Day 3: Bahía Ballena

This morning, enjoy a **community walking tour to learn about life in a coastal town on Costa Rica's Central Pacific Coast**. Learn how coconut is processed and used for different purposes on a **coconut production tour**. Enjoy free time for lunch on your own, then meet back up with the group to visit a local **butterfly garden**. See one of the area's most stunning waterfalls, then **visit a family-owned and operated organic farm**. See their "trapiche" (traditional mill for sugarcane processing), learn about organic sugarcane production, and enjoy some fresh sugar cane juice. Return to your hotel and enjoy dinner on your own this evening.

Hotel: Canto de Ballenas Hotel, Bahía Ballena (B)

Day 4: Manuel Antonio National Park

After breakfast, travel the coast road to **Manuel Antonio National Park** (~1 hour drive), a protected national park, site of some of the country's most beautiful and unspoiled beaches and home to myriad animal species including sloths, white faced monkeys, and countless bird species. Enjoy a short, **privately-guided rainforest walk**,

followed by a visit to one of Manuel Antonio's pristine beaches. After lunch, continue up the coast highway to Carara National Park and check into your rainforest lodge. Enjoy time at leisure to relax and explore the natural reserve and gardens on your own before meeting the group for dinner this evening.

Hotel: Macaw Lodge, Carara (B, L, D)

Day 5: Carara & La Fortuna

Enjoy free time this morning to continue exploring the reserve on your own (options include rainforest walks, botanical garden tours, and waterfall trails). Then, enjoy a **guided tour on sustainable living, followed by a "garden to table" lunch made from local ingredients directly from the lodge's garden.** After lunch, depart on a scenic drive to La Fortuna (~4 hours), a small town in northwest Costa Rica and gateway to Arenal Volcano National Park, home of the famously active Arenal Volcano. Check into your lodge and enjoy an evening at leisure to explore the town of La Fortuna and enjoy dinner on your own.

Hotel: Arenal Observatory Lodge & Spa (B, L)

Day 6: Arenal National Park

This morning, **enjoy a privately-guided wildlife walk through Arenal Volcano National Park with a local wildlife expert.** For lunch, **visit a local family and learn to cook traditional Costa Rican food while hearing first-hand stories of their family history, their challenges to preserve their farm, and their efforts to create a sustainable lifestyle.** Return to your lodge and enjoy an afternoon at leisure or an **optional visit to naturally-occurring geothermal hot springs** before joining the group for a farewell dinner.

Hotel: Arenal Observatory Lodge & Spa, La Fortuna (B, L, D)

Day 7: Travel to San José and Departure

After breakfast, check out of your hotel and transfer to San José (~3.5 hours) for your departing flight home. *(B)*